

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

~ SPECIAL EDITION JUNE 2020 ~

Hi Everyone!

We miss you all so much, but we hope you're all still staying safe and healthy as the weather gets warmer! We are continuing meal deliveries, essential medical transportation, and wellness calls. If you or anyone you know are in need of these services, please contact us at 860-429-0262.

Though we do not currently have an expected date for reopening, we are always looking for more ways to connect with the community at a safe social distance. If you have any recommendations for programs or activities you'd like to see from us, please let us know! Until we can all be together again, please know that you are in our thoughts and we are so looking forward to seeing you soon.

With love,

Sarah, Mary, Jordan, and Sharon



STAY CONNECTED AND INFORMED

Town of Mansfield—mansfieldct.gov

Eastern Highlands Health District—ehhd.org

Center for Disease Control—www.cdc.gov

Medicare—www.medicare.gov

211 CT—www.211ct.org

Senior Resources Agency on Aging—seniorresourcesec.org

Like us on Facebook: Mansfield Senior Center

Follow us on Instagram: [mansfieldseniorcenter](https://www.instagram.com/mansfieldseniorcenter)

WRTD Dial-A-Ride Transportation— 860-456-1462

Mansfield Senior Center
303 Maple Road, Mansfield, CT 06268
Tel: 860-429-0262 Website: www.mansfieldct.gov/seniors

Online Programs

Join us for our new online programming! Using your smart phone, tablet, or computer, you can access fitness classes on our YouTube channel or join us for our weekly social hour in our Zoom room! New fitness classes are posted to our YouTube channel every week!

Yoga with Tami



Experience the many health benefits of this gentle restorative practice. All you need is a blanket and some pillows!

www.youtube.com

Search: Mansfield Senior Center

Strength and Stability with Margie

This cardio and toning class is designed to work your body at whatever level you're comfortable. You will need water bottles for weights, a round pillow for a ball, a towel for a band, and a hard kitchen chair.

www.youtube.com

Search: Mansfield Senior Center

Zoom Social Hour

Wednesdays at 1:00pm

Join your peers and Senior Center Staff for a chatty social hour!

www.zoom.us

Zoom Meeting ID: 844 8033 3179

Password: 3iYuap

Zoom Sing-Along



Mondays at 1:00pm

The more the merrier, so join us whether or not you can hold a tune!

www.zoom.us

Zoom Meeting ID: 893 1592 2993

Password: 4wjSeP

Yoga with Angie



Thursdays at 10:00am

Improve your flexibility with this interactive program!

www.zoom.us

Zoom Meeting ID: 853 6786 5877

Password: 547590

Genealogy Social Hour

Monday, June 8th at 2:00pm

Join this group to talk all things genealogy!

All are welcome!

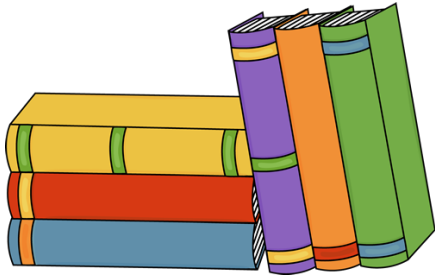
www.zoom.us

Zoom Meeting ID: 924 7912 9071

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Special Announcements

The Mansfield Public Library is now offering curbside pickup! Mansfield residents can call 860-423-2501 Monday through Friday, 10am-4pm to request books, setup a curbside pickup, and get more details. If you are homebound or immunocompromised, you can call 860-423-2501 to arrange for a no-contact drop off at your residence.



June is Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Pride Month. The Town of Mansfield encourages residents and businesses to join in displaying the Pride flag as a demonstration of its acceptance, affirmation, and celebration of its proud LGBTQ community. Flags are available for pick up outside the Senior Center, Library, and Town Hall while supplies last.



Save the Date:

Community Spirit Car Parade!

Wednesday, July 1st

Join us as we spread some cheer to residents at the Mansfield Center for Nursing and Rehabilitation and Juniper Hill Village. Decorate your cars with red, white, and blue for this social distance parade! Keep an eye out on our Facebook page and website for information on when and where to meet. Call us at 860-429-0262 with any questions.

Coming Soon:

Make sure to pull out all the stops for the town wide door decorating program! For July the theme is patriotism and the good old red, white, and blue. More detailed information will be coming, but it's never too soon to start planning!



What We've Been Up To!



We are all in
this together!



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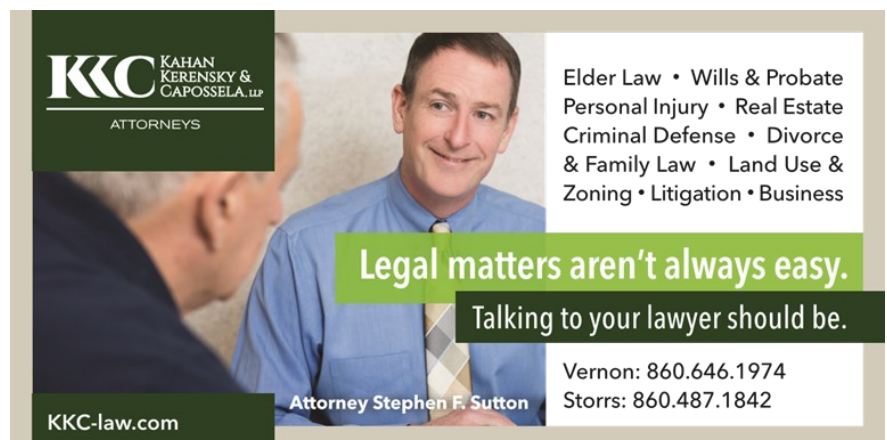


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YOUR BUSINESS COULD BE HERE!

12 ISSUES OF ADVERTISING:

FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

For more information, please contact the Human Services office at 860-429-3315.

**Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268**

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